

# Seitai Workshop in „The Harmonious Body“

„divine seitai movement - Katsugen-Undo“

**3.&4. october in Copenhagen 2025**

A Japanese Method for Complete Relaxation,  
Increased Body Awareness and Improved Inner Balance



## What Participants Can Expect

In this highly interactive **Seitai-Workshop**, participants will be guided to

- \* surrender to the divine seitai movement „**katsugen-undo**“
- \* empty the mind and reach a „**calm mind**“
- \* deepen the natural respiration / breath

**The movement in Seitai, called Katsugen Undo**, is a spontaneous expression of the needs of the body. With Katsugen Undo, you learn to reach your energy and a natural state of centeredness through a series of spontaneous and natural movements.

**Katsugen Undo** helps us find our way back to our body's natural state.

Further Seitai-practices:

**Yuki** Seitai-technique of using your hands to equilibre the organisme

**Autumn:** The best season to improve the bodily constitution **Su 5.10.**

## About the Seitai-Teacher

Shimananda born in Germany/Munich, has 35 years of Seitai experience - thoroughly educated in the disciplines of Seitai: Katsugen Undo, Yuki, Taiheki, katsugen-soho;

He has lived in Germany, Austria, Switzerland, Slovakia, France and America. He speaks English and French fluently; German as his native language.

2001 and 2013 Shimananda participate at the „**Inochi-no**“ Seminar with Kunio Shohei Nomura, author of the book „beyond national egoism“, who studied subconscious education of Noguchi-Seitai for over 50 years, to establish this exceptional form of „self-realisation workshop“.



**"Seitai" is approved by the Japanese Ministry of Education & Science**

**Friday 2.10. 18-21h + Sa 3.10. 10-16h in Copenhagen** /Byens centrum

bidrag: DKK 970 / **1.305** afhængigt af aktiver

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**„If you want to order your body,  
you can only do it yourself.“**

**Haruchika Noguchi Seitai-Founder**

## **I, Katsugen-Undo (divine seitai movement)**

"katsugen-undo", is a method of activating **extrapyramidal\* movement** ("medulla oblongata") and its auxiliary exercise, "seitai taiso" enable us to relax those points of tension in the body that cannot be relaxed in other ways. Those parts of the body that have something wrong with them and those parts where strength is incessantly summoned up and are consequently tense and insensitive will be revived; this kind of natural movement occurs spontaneously, and we call it "**katsugen-undo**" - **movement that renews life at its root**

## **II, “Yuki” helps because it activates the extrapyramidal System**

It's very important for me to say that Yuki is fundamentally different from what we often hear spoken of, because when we do Yuki, we void our heads, we don't cure anyone, we don't look for anything.

We are simply concentrated in the act. There is no intention, and that is primordial, in fact, it is underlined that **we practice “without a goal”**.

\* if the extrapyramidal system is functioning sensitively, the body always changes in response to external changes, adapts itself, and so is always protected by this activity.

**“SEITAI: Observe the life, understand it and recovering the vitality”**

**Video-Doc: <https://youtu.be/bJwl8qCE3fw> - english/espagnol**

## **International Peace Education**

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in die Natur  
innen wie außen**



**Trust  
in nature  
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**Pädagogisches Friedens Programm  
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The training cycle "Natural-Holistic-Guide" is developed for people, who want to gain a holistic understanding of the life and developmental processes of the human being - in harmony with nature. It is an individual process of self-awareness and serves to reconnect with the actual naturalness of the individual. (Noguchi-Seitai)

### 1, "How we can order our body ourselves" PRACTICE

Body and mind are an inseparable unit. Your body can – both in "health" as well as in "illness" - bring itself into balance. The Divine Seitai Movement "Katsugen-Undo" supports us in this, to activate our innate self-regulating processes. The vegetative nervous system (eNS+medulla oblongata;+Pineal-&thymus glands) is stimulated by involuntary, spontaneous inner movement impulses. It is responsible for all vital processes of our organism: breathing, cardio-vascular system, blood pressure, tension & relaxation, sleep, balance, hormones, well-being and peace of mind, etc. You will bring your body into balance, get to know it anew and relax in depth.

### 2, Architecture of the body - posture

The lumbar spine is the connection between body, organs, psyche. The body posture "somatopsychic" (taiheki) shows the influence of our thinking, feeling and acting. In doing so, it becomes increasingly easier to recognise and value oneself and other people. The "taiheki" is the key to the individual understanding of health and illness, which Haruchika Noguchi, a famous Japanese healer gathered in over 40 years of experience in accompanying 10,000 children from birth to adulthood.

### 3, "Life force and sexuality"

Regenerative movements can balance suppressed life energy. These movements serve to release stuck tensions and lead to meditative stillness. This is followed by naturally deep breathing in the "Hara" (pelvis). Under this condition, natural sexuality and orgasm can be experienced. For the woman, menstruation is an important barometer for health and purification "emotional release".

### 4, "Pregnancy and Birth"

An ordered pelvis (lumbar spine) gives the woman a happy and fulfilled pregnancy and prepares her for a gentle, pain-free birth - without complications. How the woman can use the impulse of birth to maintain her health, beauty and vibrant radiance. The man has an important task in accompanying his "beloved", protects the basic trust "bonding" and promotes an intuitive parent-child relationship. Physical and psychological prerequisites for a harmonious pregnancy and natural birth, in rhythm with one's own nature. Special „Seitai“ exercises for the woman as preparation for a harmonious pregnancy and natural birth has made Seitai known as a *birth jewel*.

### 5, Primordial Trust, Intuition, Orientation of the Unconscious

How can parents nurture primal trust? What is primal trust and when does "bonding" happen? The first 13 months of the mother-child symbiosis are crucial for the vital development, nurturing of the unconscious and for the parents' ability to use their intuition to respond to the child's true needs. Following the natural life-birthprocess, the mother becomes more beautiful and healthy with each birth, the child vital and powerful. The accompaniment of the child is easy and simple. The relationships in the social environment, attention, limits and freedom, praise and blame arise intuitively. Prenatal care (before birth) and the first three years of life are the basis for health-& peace education and for the development of the unconscious.

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"SEITAI: Observ life, understand it & recovering vitality" <https://youtu.be/bw18qCE3fw>

[www.LoveBirth.de](http://www.LoveBirth.de) \* **Michael Shimananda** \* [www.Seitai.de](http://www.Seitai.de)

<https://seitai.de/natural-holistic-guidance> + <https://lovebirth.de/joyful-birth>